

YOGURT PANNA COTTA
A REFRESHING TAKE
ON THE CREAMY
ITALIAN CLASSIC (page 25)



MUM'S THE WORD
LATE SINGER WAS
ABOUT TO ADOPT,
RUMOUR HAS IT (page 15)



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Martial. Arts



► Members of the Arashi Do Martial Arts Centre demonstrate some Muay Thai moves at the Thailand pavillion yesterday as part of the annual Heritage Festival held at Hawrelak Park on the weekend. For Edmontonians' feedback on the cultural food and experiences, which included a citizenship ceremony for 118 people from 59 different countries, see page 4.

NANCY GORDY/FOR METRO

Kickin' it Thai-style at the Heritage Festival

Homicide count 'out of control'

► **Criminologist suggests edged-weapon bylaw as deterrent to 'alcohol-fueled stabbings'**

With three homicides on the weekend and four in a week, it's not just criminologists demanding change on Edmonton's streets.

"It makes me uncomfortable," said Ricky Leu of Ricky's Hair Salon on 101 Street, near one of the weekend's murder scenes.

Leu said he has noticed crime has risen in the area, attributing it to two shelters.

Sean Ho, who owns South East Asia Herbs on 97 Street, said while he doesn't think a knife ban would help, he hopes for tougher laws for violent criminals.

"The homicide rate is out of control," said Ho. "That's sad."

Criminologist Bill Pitt predicted in February the city's murder count would pass last year's 27. It did, on June 24.

"When you start mixing mental illness, homelessness, hopelessness, alcohol and drug abuse and tie it with a ribbon called armed to the teeth, you're going to have prob-

lems," said Pitt, a Grant MacEwan University professor.

He referred to Edmonton's southern neighbour, which has recorded three killings.

"Edmonton has a culture of violence Calgary just doesn't have," said Pitt. ● **SHELLEY WILLIAMSON/WITH FILES FROM HEATHER MCINTYRE**

Deadly violence

- Last Wednesday, the burned remains of a man were found in a Chevrolet Impala on an abandoned property outside the city. Police confirmed it was homicide.
- On Thursday night, Eric Larry Cardinal, 30, was taken to hospital with stab wounds after a fight at Mary Burle Park. He later died.
- Saturday at 3 p.m. there was a fatal stabbing outside Boyle Street Community Services. Police charged Monwat Akool Madood, 21, with second-degree murder.

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Worker dies following accident at Suncor site

A 55-year-old man is dead after a workplace accident on the Suncor Firebag site north of Fort McMurray Sunday afternoon.

A piece of equipment struck the contract worker employed by Flint Transfield Services in the chest shortly after 4 p.m. while he was working on a well pad, Occupational Health and Safety spokeswoman Pam Sharpe said.

The man, whose name has not been released, died yesterday morning. A stop-work order has been issued while the accident is being investigated. ●METRO

Man sought after alleged sexual assault

Edmonton police continue to search for a man in connection with an alleged sexual assault that took place in a north end residence early Sunday morning.

The man believed to be in his 20s broke into a house in the Belvedere area shortly before 3 a.m., said police, and allegedly attacked and sexually assaulted the woman residing there.

Police say the description of the suspect is limited at this point, but that they believe he is a white male in his 20s, slender and approximately five-foot-eight. ●METRO



▶ Mark Shea plays with his daughter Ivy, 2, in Edmonton on July 6.

Encounter with Ralph Klein inspired change

▶ Mark Shea broke story of the former premier's infamous rant at shelter a decade ago ▶ 'Made me strive to succeed,' says the former homeless man

When Mark Shea met Ralph Klein at a homeless shelter a decade ago, he vowed that the premier's stinging, slurred rant would not define him.

Shea was the homeless man who blew the whistle on Klein's infamous midnight visit to the Herb Jamieson Centre in Edmonton in December 2001. Shea telephoned a newspaper to break the story that the popular premier had called

some residents bums, yelled at them to get jobs and thrown money at their feet.

In the days that followed, "King Ralph" wiped away tears in front of news cameras, admitted he had a drinking problem and promised to cut back on the bottle to save his health. It was a different picture from the one many in Alberta had of a popular leader whose folksy charm over-

shadowed his missteps and who consistently led his Progressive Conservatives to landslide majorities.

Shea, now 36 and employed, says the encounter changed his life, too.

"I look back at it and basically laugh about it. For me that was more of a challenge ... to prove not everybody who goes there is a bum and should be labelled."

Shea, who had been on

the streets since he was 15, had just finished a late shift pumping gas and was looking for a warm bed. Offended by Klein's words and antics, he left the shelter for good and spent the next 10 years travelling across the country. He returned to Edmonton a few years ago, moved into a comfortable apartment with his girlfriend and witnessed the birth of their daughter.

THE CANADIAN PRESS

1

news


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See a video of Mark Shea, a key player in former Alberta premier Ralph Klein's infamous 2001 visit to a shelter, at metronews.ca.



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2011 Capital Ex attendance lowest in five years

Edmonton is known for its festivals, but attendance at one of the longest-running was down this year.

Northlands said yesterday that 713,546 guests attended Capital Ex this year, one of the lowest numbers since the name and theme Klondike Days was dropped in 2005, a controversial change at the time.

That year saw the highest attendance ever recorded: 810,503.

The next year, the newly named Capital Ex only attracted 688,369.

Since the low attendance of 2006, numbers have fluctuated between about 720,000 and 770,000 each year.

● METRO

Getting a global taste

- ▶ 63 pavilions representing 85 countries were at the 36th annual Heritage Festival
- ▶ Organizers expected 300,000 to attend three-day Hawrelak Park event



NANCY GORDY/FOR METRO

Yngred Marcondes:

"The chocolate banana is delicious. My favourite pavilion is probably Croatia for the elephant ears."



NANCY GORDY/FOR METRO

Maryna Goncharenko:

"I come every year. My favourite food is probably the corn from the different places. I like the Peru corn the best."



NANCY GORDY/FOR METRO

Claud Dejoya:

"This is my second time at Heritage Days. I'm having the elephant ears from the Romanian tent. I've had it before and I like it a lot."



NANCY GORDY/FOR METRO

Sirina Hamilton-McGregor:

"So far I've liked the food from the Iraq pavilion the best. We had the shish kabob there and it was delicious."



NANCY GORDY/FOR METRO

Carmen Chu:

"I like how all the different cultures are in one place. My favourite food is the mango-on-a-stick from the Guatemala pavilion."

● NANCY GORDY

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More fallout from Mtl. tunnel collapse

► Additional unstable beams found after concrete slab fell on major expressway Sunday ► Latest sign of city's crumbling infrastructure

One day after a massive concrete slab slammed on to a major Montreal expressway, transport officials have knocked down another unstable beam in the same tunnel.

A 15-metre-long concrete slab dropped Sunday from the ceiling of a tunnel along the city's downtown Ville-Marie expressway.

There were no injuries as the morning collapse came during a quiet period along the normally busy stretch of highway.

Transport officials later noticed another unsteady concrete beam in the tunnel and used a crane to rip it down.

15

A 15-metre-long concrete slab fell onto Montreal's Ville-Marie expressway Sunday.

A spokeswoman for the provincial Transport Department says workers are now trying to stabilize a third beam.

The Montreal area's aging road network has forced lane closures on several overpasses and bridges this summer as engineers scramble to deal with the city's crumbling infrastructure. **THE CANADIAN PRESS**



► Engineers inspect a concrete slab that fell Sunday on a major expressway, yesterday in Montreal. No one was injured in the collapse.

First Nations leader decries 'Millennium Scoop'

John Beaucage has given the heartbreak he sees around him a name: The Millennium Scoop.

The First Nations leader was recently hired by the Ontario government to look into aboriginal child welfare and what he found — not just in Ontario, but across the country — was despair.

After decades of wrestling with the impact of the residential-school system — and then with the "Sixties Scoop" that placed so many aboriginal children in non-aboriginal homes — First Nations are now facing another tragedy of lost children in the new millennium.

There are more First Nations children in care right now than at the height of the residential-school system. That system was a national disgrace that prompted Prime Minister Stephen Harper to apologize for its catastrophic impact on natives.

Instead of being at home with their parents, brothers and sisters, tens of thousands of First Nations children are in foster homes, staying with distant relatives or living in institutions.

"It's a culmination of decades worth of social ills," Beaucage says.

A disheartening mix of poverty, addiction, history



► Jeremy Meawasige sits with his mother, Maurina Beadle, at home in Pictou Landing First Nation in Nova Scotia last month.

and politics has conspired to separate First Nations children from their parents.

Researchers aren't certain how many native kids are no longer living with their parents. A major study in 2005 pegged the number at 27,500. Since then, provincial and federal data as well as empirical reports suggest the numbers have risen.

That's easily double the size of the cohort forced away from their homes and into residential schools during the late 1940s and '50s — a brutal period of Canada's history that still haunts First Nations families. **THE CANADIAN PRESS**

Jeremy's story

► Jeremy Meawasige, 16, a Mi'kmaq from the Pictou Landing First Nation in Nova Scotia (pictured) has myriad challenges: Autism, cerebral palsy, hydrocephalus and a tendency to hurt himself.

► He is unable to care for himself and authorities want to send him to an institution out of province.

► His mother, Maurina Beadle, who suffered a stroke last year, is fighting for funding to keep her son at home.

25 migrants found dead on boat bound for Italy

More than two dozen African migrants trying to reach Italy from Libya died in the hold of a rickety boat so packed with people that the migrants could not get out as they struggled to breathe, Italian officials

said yesterday after the bodies were found below decks.

The 15-metre boat was carrying 296 people, including women and children.

THE ASSOCIATED PRESS

Russian PM supports merger with Belarus

Prime Minister Vladimir Putin voiced support yesterday for Russia to merge with its western neighbour Belarus.

Belarus has been an in-

dependent state since the Soviet Union fell apart in 1991. But the country is still regarded as the most "Soviet" of all former republics.

Putin's remarks were in response to a question from a young Belarusian who wondered whether Russia and Belarus could merge into "one state like it was in the Soviet times." **THE ASSOCIATED PRESS**

Quadriplegic man dies in U.S. skydiving accident

Flathead County officials say a 27-year-old quadriplegic man with five years of skydiving experience died in a weekend skydiving accident in northwestern Montana.

Sheriff Chuck Curry

says Zack Fogle of Kingston, Wash., died Saturday afternoon when his parachute failed to open after a jump at the Lost Prairie Boogie, an annual skydiving event near Marion. **THE ASSOCIATED PRESS**

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Somalis start fast during famine

► Ramadan a strict matter of faith for many Somalis ► Some 2.2 million in peril in region controlled by al-Qaida linked group

Muslims around the world mark sundown during the holy month of Ramadan that began yesterday with extravagant dinners after not eating from sunrise to sundown. That kind of nighttime celebration is unthinkable this year for most Somalis, who already are suffering empty stomachs during the worst famine in a generation.

Many Somalis are fasting, even though Islam allows the ailing to eat.

Others, like Mohamed Mohamud Abdulle, are

ashamed they don't have enough food for the sundown dinner.

Tens of thousands of Somalis already have fled starvation to the world's largest refugee camp in neighbouring Kenya, where Abdulle said people can't fast without food "to console the soul."

"How will I fast when I don't have something to break it?" asked Abdulle. "All my family are hungry and I have nothing to feed them. I feel the hunger that forced me from my home has doubled here."

Sheik Ali Sheik Hussein, a mosque leader in Mogadishu, called it "worrying" that many Somalis cannot fast because they are already weak from hunger and don't have food to regain their strength after sundown.

"We have asked all Muslims to donate to help those dying from hunger," he said. "Muslims should not be silent on this situation, so we shall help if Allah wills."

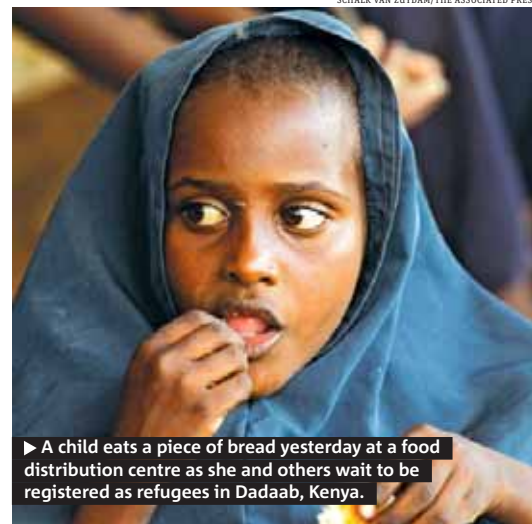
In a Ramadan statement yesterday, U.S. President Barack Obama said

now is a time for the world to come together to support famine relief efforts.

The UN says more than 11 million people in the Horn of Africa need food aid.

In a bit of good news, however, the International Committee of the Red Cross said yesterday it was now distributing food to 162,000 people in south-central Somalia — the first large-scale distribution in the region since the beginning of the year.

THE ASSOCIATED PRESS



► A child eats a piece of bread yesterday at a food distribution centre as she and others wait to be registered as refugees in Dadaab, Kenya.

Muslims worldwide begin Ramadan observance

Religious authorities in most of the Middle East declared yesterday the start of the holy month of Ramadan, a period devoted to dawn-to-dusk fasting, prayers and spiritual introspection. Ramadan begins around 11 days earlier each year. Its start is calculated based on the sighting of the new moon, which marks the beginning of the Muslim lunar month that varies between 29 or 30 days.

Moon. Watching

► A woman points skyward as she and her sons look for the crescent moon at sunset on Sunday in Amman, Jordan.



MOHAMMAD HANNON/THE ASSOCIATED PRESS

Tense Ramadan for parts of Arab world

UNREST. From Syria to Libya and Egypt, the uprisings and unrest gripping the Arab world have cast a pall on the start of Ramadan, with the traditional focus on piety likely to be eclipsed by more unrest.

Food prices — part of the economic hardships that catalyzed the ouster of the Egyptian and Tunisian lead-

ers — are still climbing. And protesters have shown little patience for conciliatory gestures by governments after decades of empty promises.

There is no sign that opposition forces will ease up on protests — even with the difficulties of the month of dawn-to-dusk fasting that began yesterday.

Predictions of a tense Ramadan have already started to be realized. Libyan rebels are turning their weapons

on each other, dimming hopes for the overthrow of leader Moammar Gadhafi.

Syrian security forces have escalated their crackdown on protesters, killing more than 74 people on Sunday, with violence expected to intensify.

Meanwhile, Egyptian forces chased dozens of activists yesterday who refused to end four weeks of protests at Tahrir Square to pressure the country's transitional military rulers.

THE ASSOCIATED PRESS

Call for more security at Ottawa mosques

OTTAWA. The Council for American-Islamic Relations Canada (CAIR-CAN) is urging Canadian mosques to take higher security precautions during Ramadan in the wake of the recent attacks in Norway, which were fuelled by anti-Islamic sentiment.

The national non-profit Muslim association.

released a "Muslim Community Safety Kit," which advises mosques to request police patrols and install surveillance cameras as safety precautions.

Zijad Delic, the imam of the South Nepean Muslim Community, said that while the guidelines are helpful, extra precautions aren't necessary for his congregation.

"I don't think that individuals would walk in and try to do anything because our community has such

good relations with the area," Delic said.

Delic brushed off last year's case of hate crime when a sign on Woodroffe Avenue announcing the location of a new mosque was defaced with discriminatory messages.

"There will always be lone wolves who do damage to the community," said Delic. He said the best way to combat anti-Islamic ideology is through education and openness.

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Norway PM to politicians: Think before you speak

Political parties agree to postpone campaigning for September elections

Norway's prime minister yesterday called on political leaders to show restraint in their public speech as the country emerges from mourning the 77 victims of a bombing and youth camp massacre by an anti-Muslim extremist.

Jens Stoltenberg didn't single out anyone but seemed to be referring to sometimes harsh discussions on immigration when he told Parliament that the July 22 attacks gave reason to reflect on "what we have thought, said and written."

"We all have something to learn from the tragedy," he told lawmakers at a ceremony honouring the victims. "We can all have a

need to say 'I was wrong,' and be respected for it."

That goes for politicians and newsroom editors, in everyday conversations and on the Internet, the prime minister said.

"Our promise is that we take with us the spirit of July 22 when political work resumes. We will behave with the same wisdom and respect as the Norwegian people," Stoltenberg said.

Confessed killer Anders Behring Breivik says his attacks were an attempt at cultural revolution, aimed at purging Europe of Muslims and punishing politicians who have embraced multiculturalism.

THE ASSOCIATED PRESS



► People gather around thousands of flowers and tributes laid outside the Oslo Cathedral yesterday, in memory of the victims of the July 22 bomb attack and shooting rampage.

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Birth control to be covered in U.S.

Health insurance plans must cover birth control as preventive care for women, with no co-pays, the Obama administration said yesterday in a decision with implications for health care as well as social mores.

The requirement is part of a broad expansion of coverage for women's preventive care under U.S. President Barack Obama's health-care law. Also to be covered without co-pays are breast pumps for nursing mothers and other services.

"These historic guidelines are based on science ... and will help ensure women get the preventive health benefits they need," said Health and Human Services Secretary Kathleen Sebelius.

THE ASSOCIATED PRESS

'Promising' lead surfaces in legendary hijacking case

The FBI says it has a "credible" lead in the D.B. Cooper case involving the 1971 hijacking of a passenger jet over Washington state and the suspect's legendary parachute escape.

The fate and identity of the hijacker dubbed "D.B. Cooper" has remained a mystery in the 40 years since a man jumped from a Northwest Orient Airlines 727 flight with \$200,000 in ransom.

The recent tip provided to the FBI came from a law-enforcement member who directed investigators to a person who might have helpful information on the suspect, FBI spokeswoman Ayn Sandalo Dietrich told the Seattle Times on Sunday. She called the new information the "most promising lead we have right now."

THE ASSOCIATED PRESS

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Restaurants 'zapping' sales data: Taxman

► Fraud suspected in 34% of all sales systems checked

One-third of Canada's restaurants may be cheating on their taxes by using sophisticated "zapper" programs and other software to hide their sales.

The Canada Revenue Agency has found an estimated \$141 million in phantom sales that were deliberately erased in electronic cash registers to dodge taxes.

The widespread fraud was uncovered in a three-year pilot project that analyzed electronic sales data at 424 restaurants to find faint traces of sales that were wiped clean.

A team of 14 data specialists discovered at least 143 cases of suspected fraud, each with an average of \$1 million in hidden sales. Much of the trickery

Market moment

TSX

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(- \$9.50)

PRICES AS OF 3 P.M. EST/EDT

ware with built-in hidden features, called "phantomware," that can remove sales records. Or they use stand-alone software — "zappers" — on a thumb-drive or CD that does the same work.

The CRA detected the first "zapper" case only in 2006, in Vancouver. Revenue Quebec, on the other hand, has rooted out more than 200 "zappers" since 1997, and is considered a world leader in such investigations.

CRA spokesman Noel Carisse says "two cases have been successfully prosecuted resulting in fines and jail time. In addition, charges have been laid in six other cases." Other cases are under investigation. **THE CANADIAN PRESS**

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HEY — CAN I GET YOUR NUMBER?

SHE SAYS ...

JESSICA NAPIER
METRO



Last week, the popular men's lifestyle website Ask Men released the results of their fourth annual Great Male Survey.

The not-so-scientific study polled men in Canada, the U.S., Britain and Australia on various topics relating to sex, dating and relationships. The responses ranged from the predictable to the cringe-worthy. Let's take a look at how our Canadian guys answered:

The Good: Thirty-eight percent think having a family is the ultimate male status symbol. Family values beat out all other signs of manhood including a high-profile career, beautiful girlfriend and a hot car.

The Bad: Fifty percent would dump a girlfriend if she became fat.

The Ugly: When asked, "At what point does a woman become sexually promiscuous?" Forty-one percent answered, "When she sleeps with her 10th sex partner."

Is this where we're at, everyone? Sleeping with 10 people earns you a scarlet letter P? I guess women should be empowered to enjoy their sexuality ... but just not too much.

Notably (although, not surprisingly), the survey didn't pose the same question for the men. From this glaring absence we can assume that Ask Men didn't think it necessary to make an inquiry regarding the numerical value of a man's promiscuity (insert exaggerated

eye roll). As much as I'd love to get into the double-standard argument, I'll skip the "why do we call women sluts while men get called studs?" speech for now.

Having the sexual-history talk with a new partner is a pretty awkward minefield. According to Ask Men, almost half of the Canadian men polled have lied about their number — either inflating or downplaying the total to protect their privacy, their ego or their partner's feelings.

The "how many is too many?" question comes up again in the soon-to-be released romantic comedy *What's Your Number?* In the film, the female lead spends 90 minutes trying to hook up with her ex-boyfriends in order to avoid making a new notch on her bedpost. This time around we're given a bit more leeway with 20 being the magic "too many" number, but the message is the same: for women, there is a limit when it comes to sexual encounters.

I have a lot of trouble with this need to classify people (both women and men) as promiscuous or prudish based on a number. Shouldn't we be taking into account age, lifestyle, religion, cultural background and a variety of other factors? That being said, should we even be trying to quantify sexuality at all?

Read more of Jessica Napier's columns at metronews.ca/shesays

Longest-running flag football game ever. Maybe

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Over the Canada Day long weekend, most of us relaxed around a barbecue or watched the fireworks.

Not so for members of Edmonton's Flag Football Association, who spent it attempting the longest-running flag football game in history.

The game was held to raise money for the Stollery Children's Hospi-

tal, where researchers are working to increase the survival odds for premature babies with lung problems.

"When we announced the event, the response was overwhelming. It was incredible to hear how many people we knew that have used the Stollery at some point in their lives," says the association's Kail Schofield.

Not only did the game hit its fundraising target of \$10,000, it qualified as a Guinness World Record!

● CRAIG AND MARC KIELBURGER

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

Cartoon by Michael de Adder



Tweets

- ▶ **@MapleBrownie:** Long weekend Monday! Bro coming home from camping w friends... PapaMB taking the fam later on to #HeritageDays. If ur in #yeg, come out!
- ▶ **@idillun:** Hmm wish people wouldn't be so alarmist and paranoid. Never makes existing situations better. I'm talking to you #yeg #homicide
- ▶ **@amylauren3:** Really #weather you decide to storm when I'm finally forcing myself to sleep! I'd be content with just some rain #yeg #millwoods
- ▶ **@Paulatics:** So happy to have one more day of weekend. #yeg
- ▶ **@Matt_Bisson:** My favorite part of #capalex is the awesome people who park their awesome pick up trucks over 2 spaces because they are so awesome. #yeg
- ▶ **@MikeonaMonday:** Should I stay or should I go? Got all my work done at #BVJ... think I'll join in the fun! #YEG #BigValleyJamboree
- ▶ **@PaulaFindlay:** just ran past @paulajradcliffe on the trails in Les Angeles! (going in the opposite direction of course :)

WEIRD NEWS

Police vehicle confused with batmobile?

Pittsburgh police say a man tried to carjack a plainclothes officer near the filming for the latest Batman movie — and allegedly told him it was part of the script.

Det. Robert Di-Giacomo was in

an unmarked vehicle around 7:15 p.m. Saturday, looking for a suspect in an assault.

That's when police say a man opened the car door, sat down and told the officer to get out.

The officer drew his gun and ordered the suspect, 21-year-old Michael Calamosca, out of the car.

He says the suspect told him he was part of filming for *The Dark Knight Rises* and that taking the vehicle was in the script.

Calamosca was taken into custody and faces a charge of robbery of a motor vehicle. **THE ASSOCIATED PRESS**



Not just another Idol

► Canada Sings features ordinary workers performing Glee-level routines ► Judge Vanilla Ice sees a lot of untapped talent on new show

Rob Van Winkle wants you to know that Canada Sings is not just another American Idol wannabe.

The 43-year-old singer and handyman, a.k.a. Vanilla Ice, joins Jann Arden and Simple Plan's Pierre Bouvier as judges on Canada Sings, which launches Aug. 3 on Global.

"We all know the impact American Idol has had all over the world, but this is a completely different show, very heartfelt," says Van Winkle. "To see some of these people get over their personal hurdles, it's very inspiring and uplifting."

While it seems like there is a different star search show launching every other week on TV, Canadians can't seem to get enough of them.

The Voice, America's Got Talent and So You Think You Can Dance Canada are among the biggest hits of the spring and summer. More talent shows are on the way, including the City spin-off Canada's Got Talent, the CBC's upcoming Cover Me Canada and Simon Cowell's highly-anticipated follow-up to American Idol, called The X Factor.

Canada Sings, however, is different from the rest. While it shares the familiar three-judge format and there is prize money (a modest, even by Canadian

standards, \$10,000 to charity), the show plays more like Undercover Boss than Canadian Idol.

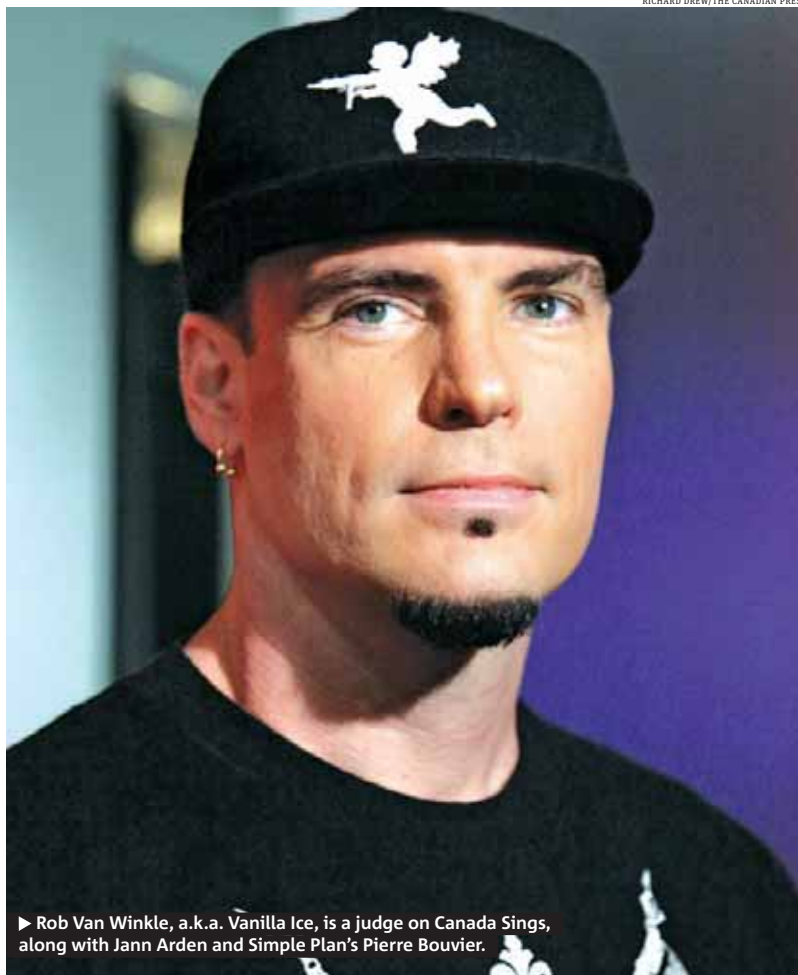
After a six-month search, 12 teams of ordinary workers were chosen for the competition. Each of the six episodes features two teams going through an intense, week-long rehearsal led by choreographers Kelly Konno and Christian Vincent and vocal coaches Scott Henderson and Sharron Matthews.

Then, these collections of more-or-less amateur entertainers are thrust onto a stage where they are expected to perform a Glee-level song and dance routine.

The first episode features a crew of blue collar, junk-hauling West Coasters from 1-800-GOT JUNK versus The Zooper Stars, 12 animal lovers from the Toronto Zoo's Animal Health Care Centre. Much of each episode is spent getting to know these folks.

"We found, as we were shooting and editing, that this show really told us what it was about," says executive producer John Brunton, who has the talent search format down cold after producing Canadian Idol and Battle of the Blades.

Brunton says Canadians will relate to and might even fall in love with char-



► Rob Van Winkle, a.k.a. Vanilla Ice, is a judge on Canada Sings, along with Jann Arden and Simple Plan's Pierre Bouvier.

acters from the singing teams. Unlike Battle of the Blades, a huge hit in Canada but a harder sell internationally, Brunton sees all kinds of potential to export the Canada Sings workplace talent format around the world.

Then there are the end-

less built-in product placement opportunities. As on Undercover Boss, there are moments when Canada Sings borders on being an infomercial. The Toronto gang from the Keg Steakhouse and Bar, for example, should all get bonuses, and Air Canada and

GoodLife Fitness are probably down with their employees getting national network face time.

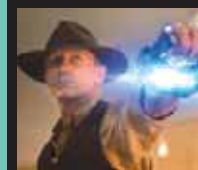
Van Winkle says viewers should try and get past that skepticism and just embrace the positive aspects of the series.

THE CANADIAN PRESS

2

scene

Box office



Little blue Smurfs and not-so-little green men from space are in a photo finish for the No. 1 spot at the weekend box office.

According to studio estimates yesterday, Daniel Craig and Harrison Ford's sci-fi Western Cowboys & Aliens and the animated family adventure The Smurfs both opened with \$36.2 million.

THE ASSOCIATED PRESS



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Rio
Genre: Animated
Director: Carlos Saldanha

Stars: Jesse Eisenberg, Anne Hathaway, George Lopez
🌐🌐🌐



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Rio is like a samba act you wouldn't be caught dead listening to at home, but quite enjoy on vacation, especially with a tropical drink in hand.

This bird-brained tale is dim of plot but bright of illumination and animation, a rare example where 3-D actually enhances the experience — although it will play just as well on the 2-D screens in most homes.

The voicing isn't as colourful, at least for the main avian characters Blu and Jewel, played by Jesse Eisenberg and Anne Hathaway. But there's no reason to squawk too loudly about the film, which is

made by the same people behind the profitable Ice Age franchise.

Blu is a rare Brazilian macaw living in snowy Minnesota with his bookish owner Linda (Leslie Mann). He's so tame (read: American) that he's never learned to fly.

His female counterpart Jewel still resides in her native Brazil — Rio de Janeiro to be exact. She lives with ornithologist Tulio (Rodrigo Santoro), who has come to an important realization: these birds must mate or their breed will die.

Blu is zipped down to Rio, but his lack of both air and street smarts, as



well as the threat of avian poachers looking for payback and a fast pay day, make this more than just an amorous adventure.

A menagerie of comic

voices keep feathers happily flapping.

Extras include a deleted scene as well as making-of featurettes.

● PETER HOWELL



A Screaming Man

Genre: Drama

Director: Mahamat Saleh Haroun

Stars: Youssouf Djaoro, Diouc Koma

🌐🌐🌐

Set against the backdrop

of Chad's 40-year civil war, as was writer/director Mahamat-Saleh Haroun's earlier film Dry Season, this heartbreaker of foolish pride and bitter reckoning unfolds like biblical parable. It deservedly won

Haroun a special jury prize at Cannes 2010.

A father and son squabble over a job, leading to an act of revenge with unforeseen and terrible consequences. But when we first meet them, frolicking in a luxury hotel pool, it's impossible to imagine the schism to come.

Middle-aged father Adam (Youssouf Djaoro) and his 20-something son Abdel (Diouc Koma) both have jobs at the pool, another luxury in a time of civil war.

Family harmony is sun-drenched when the hotel is taken over by new Chinese owners, who decide that

one pool attendant is enough. Abdel gets to keep his job, but Adam is demoted to gatekeeper, a bitter comedown for a man who was a swimming champion in his youth.

If we could see inside Adam's head, we might guess the extent of his anger. Haroun only hints at what is to come. Before anyone fully realizes what is happening, the father contrives payback that will have major consequences for his son and himself.

This tragedy of parental betrayal is personal in scope but universal in impact.

● PETER HOWELL

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Kings of Leon to redo Dallas concert

The Kings of Leon are promising a redo for their Dallas fans after cancelling a show because their lead singer complained it was too hot to perform, leading other members to profusely apologize to the audience.

In a statement, the family rock band, known for hits including the Grammy Award-winning anthem Use Somebody, announced plans to return to Dallas on Sept. 21 to make up for Friday's mid-show cancellation, which drummer Nathan Followill called a "fiasco" on Twitter. **THE ASSOCIATED PRESS**

Was singer preparing to become a mother?

► The late Amy Winehouse was reportedly in the final stages of adopting a young girl from St. Lucia before she passed away in London last week

Before her death, Amy Winehouse was reportedly in the

process of adopting a 10-year-old girl from St. Lucia, where she'd spent much of 2009, according to the Daily Mirror.

"Amy was already my mother," the girl, Danni-ka Augustine, says.

"I would call her Mum, and she would call me her daughter. She took care of me, and we had fun together. I loved her, and she loved me."

● METRO



► Amy Winehouse

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Dish briefs

There's something about Alex

A GREAT CATCH. Despite breakup rumours last month, relations appear to be fine between Cameron Diaz and Alex Rodriguez, according to People magazine. Sources spotted the pair dining out in Miami over the weekend to celebrate the Yankee slugger's 36th birthday after cruising around the area on a yacht. "They sat near the water at Smith & Wollensky in Miami Beach and had a great time," a source says. ● METRO

Franco: Where is the love?

MONKEY TROUBLE. James Franco isn't feeling the love from the press, and he's worried his new film, Rise of the Planet of the Apes, will suffer for it. "Critics will be out to kill this movie and blame me for it just because they are out to kill me. Last year people were pretty nice. This is the year when people are going to have fun going after me," he tells Playboy

Celebrity tweets



"All your facial features are on the lower bottom half of your head. Disturbing."

@JerrySeinfeld



@EllenPage

"i feel insane right now. like ashley judd in the movie about the bugs"

@JonahHill

"I bet if you asked Jay-Z to list his 99 problems he'd get stuck at around 4."

@ElizabethBanks



"Dear Atlanta, I'm totally into you. Let's date for a while. Have some fun. Where should we go? smooches!"

magazine. "There are people who have it out for me for other things. They see me do this movie but really it's about something else."

● METRO

Sheen to appear on Big Brother?

Charlie Sheen may be back on TV sooner than expected, as the troubled actor has reportedly signed a deal to ap-



► Charlie Sheen

pear on Celebrity Big Brother in the U.K., according to the Daily Star.

While network spokespeople aren't confirming any contestants yet, a source says Sheen will be flying to England in the next two weeks for filming after inking a \$9.8-million deal.

"It would be unbelievable. A producer's dream. No one would want to miss the chance of seeing what he's up to and hear the wacky things he's been saying," a source says.

"And let's face it: he's been saying some crazy stuff recently."

● METRO

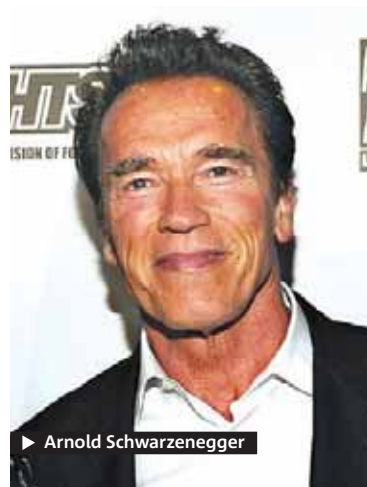
Maria, Arnie make nice

Just because Maria Shriver and Arnold Schwarzenegger are in the midst of a contentious divorce battle doesn't mean they can't celebrate a birthday together.

Shriver showed up, along with the couple's two sons, to a dinner in L.A. for Schwarzenegger's 64th birthday, according to Us Weekly.

In fact, Shriver even covered the bill.

"Maria grabbed for it. She was already pulling out her wallet and gave her credit card to the waiter," a source says. "While she gave him the card, she also ordered Arnold an espresso."



► Arnold Schwarzenegger



► Maria Shriver

Schwarzenegger reportedly referred to his es-

tranged wife as "darling" as they left, but the birth-

day boy still went home alone. ● METRO

3
life

Go nuts



Large population studies have found frequent nut consumption to help people lose weight and decrease their risk for heart disease and diabetes, says Dr. Cyril Kendall, a research scientist in the department of nutrition at the University of Toronto.

CELIA MILNE



Scan this code for more
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► Eating a small amount of nuts regularly is a great nutrition choice.

Not so nutty science

► New study shows eating certain nuts can help manage Type 2 diabetes ► The nut mixture shown to improve blood glucose levels, help reduce cholesterol in those affected patients



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It may sound nuts, but it's true. Even though they are full of fat, nuts could help control Type 2 diabetes.

"What's nice about nuts is that they are healthy and people enjoy eating them," says Dr. Cyril Kendall, a research scientist in the department of

nutrition at the University of Toronto. "They are easy to eat as snacks or can be incorporated into a variety of healthy dishes. It would be best if they were used to displace less healthy foods in the diet ... such as white bread."

To study the effect of nuts on people with Type 2 diabetes, Kendall and colleagues at St. Michael's Hospital and the University

of Toronto divided 117 subjects into three groups: those who received a daily supplement containing muffins, those who received a daily supplement containing raw nuts, and those who received a daily supplement containing a mixture of muffins and nuts.

The nut mixture contained raw almonds, pistachios, walnuts, pecans,

hazelnuts, peanuts, cashews and macadamias.

After three months, results showed that eating two ounces (about two handfuls) of nuts a day in place of a carbohydrate has two healthy effects: it helps improve blood glucose levels and also helps reduce cholesterol. The people in the study had Type 2 diabetes and were taking medication for it.

These reductions — in blood glucose levels (which need to be controlled in diabetes in order to avoid complications) and cholesterol — were on top of that already seen with drugs. Reductions in cholesterol are good news, said Kendall, as this decreases risk for coronary heart disease. The study was published recently online by the journal Diabetes Care.

Learning from Amy

► Cold turkey wrong way to quit the bottle, experts warn after details of Winehouse death begin to surface

Alcoholics everywhere are being warned not to go cold turkey when trying to put down the bottle following reports singer Amy Winehouse ignored her doctor's advice to cut down on her heavy drinking gradually.

Britain's Sun tabloid is citing family sources as saying the 27-year-old Rehab singer died a week ago as a result of a seizure brought on by a sudden three-week abstinence from booze.

According to the report, the family believes her tiny frame could not cope with the loss of alcohol in her veins after many years of binge drinking.

Now, Canadian addiction specialists are confirming that such a dramatic withdrawal from drugs or alcohol can indeed prove lethal.

"To go to zero is extremely dangerous because the body develops a level of chemical requirement," said Rob Hadley, program director at the Vancouver Addiction Centre. "To not have that met, one literally does go into shock."

Quitting requires addicts to get treatment from professionals that will reduce dependency without risking their health, he said. The Vancouver Addiction Centre eases addicts



► British singer Amy Winehouse performs during her concert at the Volkshaus in Zurich, Switzerland. Winehouse was found dead July 23, by ambulance crews who were called to her home in north London's Camden area.

onto less concentrated alcohols such as beer or wine for one to two weeks and gradually eases them

down from there, said Hadley.

Alcohol slows the heart down because it's a depres-

sant, said Daniel Jordan, the director of the Sunshine Coast Health Centre. This can cause those who are attempting to quit cold turkey to suffer a seizure or heart attack.

Unlike the Vancouver Addiction Centre, Jordan's facility gives alcoholics Valium in order to reduce the risk of injury in attempting to quit.

"Alcohol is one of the most dangerous drugs to detox from," said Jordan. "The chance of dying from a withdrawal from alcohol is actually much more dangerous than heroin."

Addicts should only continue drinking alcohol to ease themselves off of their dependency if they don't have access to a hospital or an addiction centre where they can get help, said Jordan.

THE CANADIAN PRESS

Canada unaffected by new dose

Johnson & Johnson is reducing the maximum daily dose of its Extra Strength Tylenol pain reliever in the United States to lower risk of accidental overdose. The company's McNeil Consumer Healthcare Division says the change affects Extra Strength Tylenol sold in the U.S. Labels on the U.S. bottles will now list the maximum daily dose as six pills, or a total of 3,000 milligrams, down from eight pills a day or 4,000 milligrams.

The change does not affect Canada.

The maximum daily dose for Extra Strength Tylenol in Canada is eight pills or 4,000 milligrams per day. THE CANADIAN PRESS

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CONTINUING EDUCATION



► New this fall, the University of Alberta will offer an Information Access and Protection of Privacy certificate course.

University of Alberta targets privacy rights

Privacy and information rights are becoming more of an issue in today's age of digital communication. This fall, the University of

Alberta's Faculty of Extension in Edmonton is offering an Information Access and Protection of Privacy (IAPP) certificate course, an

online program to equip students with the knowledge and practical skills necessary to help them become effective "informa-

tion rights" administrators. Canada's first and only post-secondary information rights program, IAPP will give students the op-

portunity to share insights and network with information rights industry leaders from across the country. Classes will begin in Sep-

tember, and the five courses can be completed in one to two years. For more, visit extension.ualberta.ca/iapp.

● JANE DOUCET



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Diesel Technician [HE790]

Diesel Technicians repair and maintain the diesel engines that power heavy vehicles and mobile equipment including bulldozers, cranes, road graders, trucks and buses. They service the associated components on heavy vehicles including, suspensions, brake systems, electrical systems and hydraulic systems using a variety of tools, including power tools, hand tools, welding equipment, jacks and hoists. Computerized testing equipment is also employed for diagnostics.

Fee: \$3600

Sep 26, 2011 to Mar 23, 2012 | Jan 2 to Jun 15, 2012

Machining Technician [MAC790]

Machinists use machine tools to make or modify parts, primarily metal, in a process known as machining. This is accomplished by using machine tools, such as lathes and milling machines to cut/shape material into the desired part. Machinists work to specific and accurate sizes from engineered drawings commonly known as blueprints. Computer Numerical Control (CNC) is an area of the machinist trade that uses computerized machine tools to produce the finished part.

Fee: \$3600

Sep 26, 2011 to Mar 23, 2012 | Jan 2 to Jun 15, 2012

Industrial Mechanic Technician [MIT790]

Millwrights are engaged with the construction and maintenance of machinery and must often combine the skills of several skilled trades in order to successfully fabricate industrial machinery or to assemble machines from pre-fabricated parts. Graduates of the program may be employed in various industrial fields such as refining, power generation, mining, food processing, pharmaceuticals, plastics, dairies, machining, pulp & paper and manufacturing.

Fee: \$3600

Aug 29, 2011 to Feb 24, 2012 | Jan 2 to Jun 15, 2012

Steamfitter/Pipefitter Technician [PIP790]

Steamfitter/Pipefitters build, install and maintain piping systems that carry fluids that can be carried through a pipe including oil and gas products, water, steam, and chemicals. It is the only trade specializing in planning, design, and installation of low and high pressure steam systems and installation methods for steam.

Fee: \$3600

Aug 22, 2011 to Feb 10, 2012 | Feb 13 to Jul 27, 2012

Parts-Material Technician [PMT790]

Parts-Materials Technicians are involved in the movement of materials by organizations that produce, process and use products such as office supplies, tools and equipment, food goods, textile products, farm equipment or industrial supplies.

Fee: \$2700

Feb 13 to Jun 13, 2012

Welding Technician [WLD790]

A welder specializes in welding materials together using metals such as steel, aluminum, brass, or stainless steel. Welders join or sever metals in beams, girders, vessels, piping and other metal components, make metal parts used in construction and manufacturing plants, and weld parts, tools, machines and equipment.

Fee: \$3000

Aug 29, 2011 to Jan 27, 2012 | Feb 6 to Jun 22, 2012

Find out more information online at
www.nait.ca/technicians or call 780.471.6248

EDUCATION FOR THE REAL WORLD



Digital demand is on the rise

► Growing trend for students to learn more about social media



Trending areas for people heading back to university or college this year are broadly split between two categories: Those in mid-career who want to advance or switch paths; and those who are looking to start a professional career from scratch.

Peter Moroney, director of professional programs at the University of British Columbia, says they are seeing high demand for programs teaching sustainability management, business analysis and social media. The last is especially popular with business people either wanting to get to grips with YouTube, Twitter and LinkedIn, or learn how to use them as part of a communications strategy.

"There are job postings for people specifically focused on managing the digital communications," he says. "It's a growing trend for companies using it internally among employees and departments and also with customers or prospective customers."

Pat Lychak, academic manager of online learning at Algonquin College, says social media courses are hot at her Ontario school.

Also popular is sustainability education for kindergarten to Grade 12 school teachers, early childhood education and an autism and behavioural sciences program.

"We're finding many of our registrants are coming from places like Saudi Arabia, Dubai, as well as Canada," she says. "We have registrants coming out of high school as well



► More schools are offering courses on how to navigate and use social media for business purposes.

as individuals looking for a second career."

Steve Andrews, program director at Dalhousie University, says their most popular courses in continuing education are pathways to university and professional development.

ESL (English as a second language) brings non-English speakers up to speed ahead of university studies and the Halifax school's vaunted Transi-

tion Year Program targets First Nations and African-Canadian people from non-educationally focused backgrounds to allow them to get up to speed. Dalhousie also sees demand for specific university prep courses.

"(For example) someone who wanted to start off in engineering, but didn't have their calculus from Grade 12, they can do those courses," Andrews says.

The other popular stream is professional development for career growth or change.

Hot courses include leadership, financial management, human re-

sources, occupation health and safety, and IT. "They're quite generic and can be applied across many different industries, whether it's private or public sector," Andrews says.

Tailored courses

► Universities and colleges also tailor courses for specific employers. Dalhousie University works with local gaming companies to de-

sign courses that will teach students the skills they need for jobs at the company. The companies get qualified workers and students know jobs are waiting for them.

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Time can be on your side with planning

► Try to break down your schedule into daily, weekly and monthly plans ► Bone up on study skills before class



ALEX
NEWMAN
FOR METRO

Some might say Anjana Magpu is an overachiever: Director of a private clinic, single mom to a teenager, and studying not just for her masters in social work, but a full course of French at Alliance Francaise.

Magpu, however, doesn't look at it that way.

"I pretty much take each day as it comes, and, fortunately, I work really well under pressure. I may not have much social life, but I take time for myself — to read a good book, or sleep in when I need it."

Magpu is not alone. Countless students are handling work and family commitments while they study. Of the 38,000 enrolled at Calgary's Athabasca University, considered the largest distance education facility in Canada, a staggering 81 per cent

hold down full-time jobs, and many have families.

Michael Shouldice, Athabasca's senior recruitment officer, says the university provides online tools to prepare students for what lies ahead.

He recommends they come to it knowing what they like, because that "will motivate you through the hard work."

Career counsellor Marlene Haley has many clients in the same juggling boat while they retrain for the career of their dreams.

The key, she says, is good time management: "Work is work and defined, but juggling the house, child care and study is where it can get dicey and you have to be disciplined."

But first you need to know what you're dealing with, says Haley, who regularly prepares clients through her company Find

Work You Love.

That means boning up on study skills, speed reading, and exam writing before the first class.

Once you're in the thick

of things, break down your schedule into daily, weekly, and monthly plans.

"If the going gets really tough," Haley adds, "break it down even further into

hourly plans — you'd be surprised what you can get done in 15 minutes. Then monitor the plan to see how it's working, and whether it needs modifying."

She also suggests knowing when you work well, and using that productive time to accomplish the important things, rather than letting it dribble away.



JOHN HOWARD/LIFESIZE/THINKSTOCK

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► The key to juggling a hectic pace that may include school, family and work is time management.

It's your time

- Get the hang of school before loading up on multiple courses. Realistically, you can expect two to three hours of homework for every class hour.
- If money is short, look into financial assistance through OSAP (Ontario Scholastic Assistance Program), awards the university may have, and even checking out banks and in-

surance companies that can offer scholarships awards.

- Take time for yourself: Exercise releases endorphins to stay positive.
- A healthy diet prevents sluggishness. Meals cooked in bulk, then frozen, ensure healthy food for you and the family, and saves time.
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► Learn essential skills such as business office procedures, software applications and business communications in the Office Professional Program at NorQuest College.

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Students enrolled in the 16-week Office Professional Program at NorQuest College will learn essential skills such as business office procedures, software applications and business communications.

The program includes a two-week practicum, which will allow students to test their newly developed skills in an office environment.

Starting Oct. 17, and ending in February 2012, the program will be a combination of classroom instruction in Edmonton, Drumheller, Stettler and Hanna, as well as online.

For more, call NorQuest's Extension Department at 780-644-6272.

Digital photography 101

If you don't know how to use the buttons, dials and settings on your company or SLR camera, you won't

want to miss the new Digital Photography for Absolute Beginners course being offered at Edmonton Public Schools Metro Continuing Education's office.

For three hours Sept. 12 and again Sept. 19 at the Metro Continuing Education office in Edmonton, professional photographer Ian Scott, who was most recently the photo editor at the Edmonton Journal, will teach budding photographers about photography. You will learn how to load your pictures into your computer and different processing options. All you need to take the class is your camera and its manual (a charger and extra batteries could come in handy). The two-session classes will be offered again Sept. 26, Oct. 20, Nov. 3, and Nov. 26. To register, call 780-428-1111.

● JANE DOUCET



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NorQuest
COLLEGE

MacEwan to host weekend art workshops

If you are interested in mixing educational travel with art, Grant MacEwan University is offering three new non-credit fall weekend art workshops through its continuing education department.

The workshops include: Capturing the Natural World: Weekend Photography Workshop at Jasper National Park's Palisades Centre, Sept. 9-11; Painting the Landscape in Pastels at Jasper National Park's Palisades Centre, Sept. 9-11; and Landscape Watercolours at Black Cat Guest Ranch (located just outside Jasper National Park), Sept. 16-18.

These workshops combine instruction, working field trips and discussions in a natural setting.

Course fees include two nights of accommodation and five meals.

To register by Aug. 2, call 780-497-4301.



► Put a smile on your face by mixing educational travel with art at Grant MacEwan University.

Law for the layperson

Cyber crime is one of the fastest-growing types of crime in North America.

To learn how to protect yourself from becoming a victim, why not sign up for a three-hour cyber crime

course taking place Oct. 12 at Harry Ainlay Public School in Edmonton.

The instructor is Craig

Krieger, a Crown prosecutor with 26 years of experience with Alberta's Department of Justice who works full time prosecuting cyber crimes.

Krieger will teach students how computers and the Internet are being used to commit crimes and how to protect your identity and avoid online scams. By reviewing real-life cases, students will find out about the crimes taking place in online chat rooms and social networking sites. Gain the tools you need to protect yourself, your family and your money from cyber criminals. This course is being offered by Edmonton Public Schools Metro Continuing Education. To register, call 780-428-1111.

Cooking, Indian style

Take your skills in the kitchen to the next level by learning about "fusion

cooking." Experiment with Indian spices and Eastern flavours under the expert eye of Chef Vinod Lohtia, who was awarded gold in menu competition by the Alberta Hotels and Restaurants Association and who studied at the Hotel School of India before relocating to Europe and then Canada.

For three hours on Oct. 15 at J. Percy Page Public School in Edmonton, Lohtia will teach students how to make Manchurian chicken, spiced crab cakes with tamarind mayonnaise, curried lamb meatballs over buttered noodles, and marinated lamb chops with curried cream sauce. If your mouth is watering, this is the class for you.

The course is being offered by Edmonton Public Schools Metro Continuing Education. To register, call 780-428-1111.

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Do your homework before enrolling

► Going back to school? Check if you can gain credit for past experience ► Programs can be made to work for you



Because continuing education draws on mature students, universities and

colleges work with the assumption the student is qualified and try to accommodate them.

Trevor Adams, program director for continuing education at Halifax's Saint

Mary's University, says potential students should check out the institution's website and call to book a meeting with an administration officer.

"Some universities or

colleges will give you credit for life experience. If you've been a manager at a bank, or whatever, there is some value in that work," he says. "Leave no stone unturned.

(Students) may assume they need to start at level zero, when, in fact, you could be getting credit for your first year of your new program."

Peter Moroney, director of professional programs at the University of British Columbia, agrees.

"One of the advantages to continuing education is there tends to be lower barriers to entry," he says.

"There's a strong ethic of people self-selecting. The goal from our end is to provide as much information as possible so people can make an intelligent choice."

Some courses require specific qualifications — undergrad courses or work experience.

Sitting down with an admissions officer can help you see how your life

and work experiences can be made to fit into the prerequisite.

If a student is missing specific high school or post-secondary prerequisites, the institution can often arrange for the student to take that course.

Moroney says that, basically, if the program is right for you, and you're right for the program, it can be made to work.

Pat Lychak, academic manager of online learning at Algonquin College, says that by using online tools, adult students with jobs and families can fit studying around their busy life.

"We offer them choices and it's all about flexible learning," she says. "It's about being able to learn anytime, anywhere."

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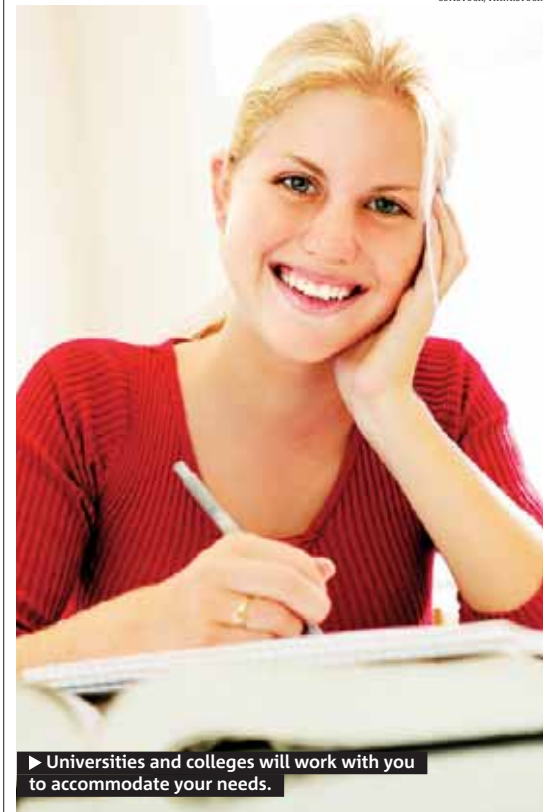
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Diploma mills

► We've all seen ads for online learning that promise cheap courses for lucrative careers. Diploma mills will take your money and offer you certificates, but it liter-

ally won't be worth the paper it's printed on. If the school doesn't have a street address, has a name similar to a well-known institution, or prices per degree, not per course, it may be a diploma mill. Steer clear.

These exotic eats fall short

► The interior of Matahari may be enchanting, but the food isn't as impressive

LUNCH RUSH

CHRISTOPHER THRALL
FOOD@METRONews.CA



Matahari's interior is enchanting, with floor-length koi pond and half a boat lining one wall, neatly sectioned into booths for fans of southeast Asian cuisine.

I picked up my order from the friendly hostess.

I was less impressed when I unpacked the lus-



CHRISTOPHER THRALL

► While the green curry chicken is great, the pineapple curried prawn is bland and the orange pork is tasteless.

Matahari

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Category: Date, friends, family or co-workers

Licensed: Yes

Rating: 3.5 out of 5

ciously-scented bag.

The crisp spring rolls (\$4.75) were delightful, and I was pleasantly surprised by the hot pockets full of curried vegetables (Thai curry puffs: \$4.95).

However, the pineapple curried prawn (\$14.25) was

bland and runny, though prawn-heavy, while the orange pork (\$11.95) failed both in tasteless pork and sticky orange sauce.

The green curry chicken (\$11.95) stood out, however, with its tender meat locked in the curry's gen-

tle heat. Its jasmine rice side didn't fare as well.

While my order was unimpressive, I would try a dine-in visit to Matahari. The prices were good, and freshly-plated food beats take-out. Plus, I want to sit in that boat!

Yogurt Panna Cotta

THE CANADIAN PRESS/HO



for 10 minutes. Add gelatin mix and stir with whisk until dissolved. Strain almond cream into yogurt and add vanilla.

4 Divide mix among 8 custard cups. Cover and chill overnight. Run knife around edge of each cup to loosen. Set each cup in shallow bowl of hot water for 10 seconds. Invert onto plate. **THE CANADIAN PRESS/ LIBERTE YOGURT**

Preparation:

1 Preheat oven to 180 C (350 F). Bake almonds until golden, about 10 minutes.

2 Into small bowl, pour water and sprinkle gelatin over it. Let sit for 10 minutes.

3 In heavy saucepan over medium-high heat, simmer cream and sugar, stirring until sugar dissolves. Add almonds; mix with hand blender. Remove from heat and let sit

Ingredients:

- 125 ml (1/2 cup) sliced almonds
- 50 ml (1/4 cup) water
- 12 ml (2 1/2 tsp) unflavoured gelatin
- 300 ml (1 1/4 cups) whipping cream
- 125 ml (1/2 cup) sugar
- 500 ml (2 cups) plain low-fat yogurt
- 5 ml (1 tsp) vanilla

A remake of the classic mac 'n' cheese

► This recipe uses ground turkey and diced seasoned tomatoes to give the old, usual flavour a brand new kick

Preparation:

1 In non-stick skillet, heat oil over medium high heat. Brown turkey until fully cooked, breaking into small pieces with spoon. Transfer to plate.

2 In saucepan, melt butter over medium high heat. Stir in onion and cook until translucent, about

5 minutes. Stir in garlic and cook just until fragrant, but not browned, about one minute.

Whisk in flour, and cook until it combines in a thick paste, about one minute. Continue whisking and slowly pour in milk. Bring to boil and reduce heat to maintain a simmer, whisking of-

ten, until sauce is thick, about 10 minutes.

Whisk in Dijon, salt and fresh cracked pepper. Whisk in cheddar until smooth. Stir in noodles, reserved turkey with any accumulated juices and diced tomatoes. Pour into a greased baking dish. Sprinkle with crumbs and bake in

350°F (180°C) oven until sauce bubbles and top is

golden, about 30 mins. Let sit for 10 minutes before serving.

NEWS CANADA/ ONTARIO TURKEY

Ingredients:

- 1 tsp (5 mL) vegetable oil
- 1 lb (500 g) lean ground Ontario turkey
- 1/4 cup (50 mL) butter
- 1 small onion
- 3 cloves garlic

- 1/3 cup (75 mL) all purpose flour
- 4 cups (1 L) hot milk
- 2 tbsp (25 mL) Dijon mustard
- 1/2 tsp (2 mL) each, salt and fresh cracked pepper
- 2 cups (500 mL) lightly

- packed, shredded old cheddar
- 1 lb (500 g) cooked elbow noodles
- 1 28oz (793 g) can diced seasoned tomatoes
- 1 cup (250 mL) fresh bread crumbs



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Dear Charles:
I've been invited to a friend's cottage for the weekend. It will be the first time that I meet his extended family. What kind of gift is appropriate for a two-night cottage visit?
Gisele

Dear Gisele:

First, good on you for wanting to bring something!

You will never go wrong with any one of the following items: fresh potted flowers in bloom, a homemade dessert, a bottle or two of good wine, a basket of freshly picked berries, a selection of the latest magazines or a few DVDs for a rainy day.

All of the above items are to be left behind regardless if they are used or not.

Remember, any item should have a little card from you saying thank you for the invitation and how

much you are looking forward to a wonderful weekend and meeting everyone. Have fun!

Where is the line between being well-mannered, and simply faking it? Just sayin'

Dear Just Sayin':

What a great question!

A well-mannered person always puts themselves in someone else's shoes first and never attempts to belittle others or make them feel badly.

One of the absolute golden rules of etiquette is to make others feel good.

Someone who is polite and well-mannered will always do their best to make others around them feel comfortable, no matter how awkward the situation.

Someone who is false or disingenuous doesn't worry about others' feelings or

making others feel comfortable in social situations.

These people rely on what they see in the movies and on television for their cues to good manners and proper conduct.

In practice, however, nothing could be further from the truth!

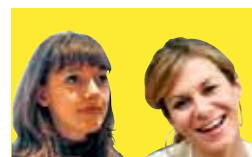
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ISTOCK

IN DOUBT? REMEMBER INSTINCT IS EVERYTHING

I met a great guy just as he was ending a previous relationship, and things have been great between us — he is definitely taking it slower than I would, but it feels good and not like a rebound relationship. Recently though he told me he needed space, which I expected, so instead of freaking out on him, I told him I understand. In fact, I handled it so well that he doesn't seem so sure about needing space anymore ... so what do I do the next time he asks to see me? Do it, but not know where we stand, or tell him to take some time and not come

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

back until he's sure of his feelings?

Andrea: Dear not-rebound-girl,

I expect that this guy has done some deep thinking since his last relationship, thinking that would require of us mortals more time and space.

However, if this isn't the case, as mature and aware as he may sound, he probably isn't quite ready for something serious if his previous relationship was a serious one too. After all, it's human nature to want to dull the pain of a breakup. You may be in danger of becoming the morphine to his car crash.

Despite his best intentions, space is a wise thing for you both.

It doesn't mean prison though: being able to see

each other platonically can foster a deeper relationship where you respect each other as complex individuals.

From there, diving into the hot phase again will be that much more fulfilling ... Or you discover he's lame and move on. It's all good.

Claire: Dear NRG,

There are no rules for these things, which is a good and a bad thing, because like many emotionally vulnerable situations in your life, it comes down to this: what does your instinct tell you?

Do you feel that he wants what you have to give, or simply that he's accepting what you have to offer, because those are two very different things.

Do you feel at peace with what you two have, or do you spend your time feeling anxious?

Instinct is everything. Is he open with you about what he's going through? Have you met his friends? Are you taking the same amount of space in his life that you are offering him in yours?

If this relationship is meant to be, it can handle your questioning, and more.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.



Oprah's coming back to us ... kind of

Oprah Winfrey is repackaging her now-ended daytime talk show to make it a key part of the lineup for OWN, her struggling cable channel.

Winfrey said Friday she will host the new series that will recycle episodes of The Oprah Winfrey Show as a "classroom" intended to help viewers improve their lives. The show, titled Own Your Life, will air weekdays at 8 p.m. ET starting Oct. 10.

Appearing at a session of the Television Critics As-

sociation to announce the revamped series and introduce Rosie O'Donnell and her new OWN show, Winfrey took the opportunity to reinforce her commitment to the channel.

Friends ask, "Are you enjoying your time in the Mediterranean?" Winfrey said. But she's not on holiday, she said, "I'm here," and working in the Los Angeles offices of OWN.

It was announced earlier this month that Winfrey was expanding her role at OWN beyond the position



► Oprah Winfrey

of chairman, taking on the additional roles of chief executive officer and chief creative officer.

Winfrey is claiming the title once held by Christina Norman, the former CEO who was dismissed in May in the wake of disappointing ratings for the channel. Norman's position has been filled in the interim by Peter Liguori, the chief operating officer for Discovery Communications.

OWN, which premiered Jan. 1, is a joint venture of Discovery and Winfrey's

Harpo Inc. Since Winfrey's syndicated talk show ended in May, she has pledged to devote her full energies to OWN.

Acknowledging OWN's rocky start, Winfrey said Friday that one of her biggest concerns was "aligning" the channel's executive teams, "and now we have done that."

She cited the help of two executives who are with her Chicago-based production company, Harpo: Sheri Salata and Erik Logan, who share the title

of OWN president.

Putting Winfrey on camera, as well as more prominently at the company's helm, is an attempt to turn around OWN's fortunes.

Plans had been in place to pull from the "library" of more than 4,500 Oprah Winfrey Show episodes in a show titled Oprah's Encore.

But Winfrey said Friday she realized they could be better used if organized as an on-air educational tool about life.

THE ASSOCIATED PRESS

Try to save some 'just in case' cash

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Canadians are continuously bombarded by headlines about record personal and family debt levels, doubts about the long-term solvency of many pension plans and the far-from-robust employment picture.

All this has created unprecedented pressure to pay down debt, and save for education and retirement.

The implication is that if only you buckle down and follow a plan you will be able to do it all.

Of course, it's a very good idea.

And Canadians are taking it seriously as the accumulation of household debt has slowed and our net savings rate has risen from almost zero a couple of years ago to just under four per cent of income today.

But the problem with paying down debt and boosting savings is that most lives are not linear.

The ups and downs of living have kiboshed many a savings and debt payment plan.

My family was rocked 20 years ago when our youngest Quinn, then four, came within a hair of dying from meningitis.

She survived but ended up profoundly deaf. We lost a year of income, which is tough to recover for anyone, let alone freelance writers.

I can't think of a friend or family member who hasn't fallen victim to one of life's vagaries.

Often those events meant detoured careers and postponed retirements.

"Just-in-case money is your greatest defence against the financial stuff life can throw at you."

ALISON'S MONEY RULE

Let's talk debt

▶ **147%** — Canada's record-high household debt-to-income ratio

▶ **65%** of Canadians have little or no debt.

Unfortunately, many of them had no ready funds to draw on, so they were forced to dip into their RRSPs or their kids' RESPs (registered education savings account.)

Does this mean you should stop planning and saving? Not at all.

However, do build emergency funds (a TFSA is a great place to park the money) into your savings plan.

If you experience a disaster or just an unexpected expense, what you've saved will help cushion the blow.

Even if you slightly reduce retirement or education savings in favour of emergency funds, you'll be better off in the long run because financial stuff does happen.

Oh yes, when the financial you-know-what does hit the fan and you draw down your emergency money, don't mourn — celebrate the fact you have it.

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



I polled 20 to 40-some-things throughout July on what they spend on work expenses annually.

The responses indicate that most incur thousands of dollars in costs to 'look the part.'

For example, a landscaper buys heavy duty boots and commutes long distances, an IT consultant might work from home and invest in a home office, and meanwhile a lawyer travels often and purchases expensive suits.

Save money on commuting expenses by taking public transit, switching to an alternative fuel vehicle, or carpooling.

Transit passes are eligible for a 15 per cent tax credit at transitpass.ca.

MoneySense calculated that a couple could save almost \$600 per month by moving out of the suburbs and closer to the core if they work downtown.

Not only would they pay less in car maintenance and fuel expenses by walking or biking into work, but they'd spend far less time commuting.

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RACKING UP EXPENSES FOR WORK



▶ When buying heavy-duty work clothes, check whether your employer has a preferred 'outfitting' store with employee discounts.

Work attire can be purchased at deep discounts by buying in the 'off' season, on sale or at outlet malls.

Often times, designer labels are more than 50 per cent off the rack.

If your suit needs 'tweaking', take it to a tailor and have it customized for \$50.

By sticking with classic fits and fabrics, you'll avoid premature replacement when fashion trends

change.

You can spruce up nearly any outfit with an inexpensive colourful shirt or tie. I'd recommend buying unique accessories, like broaches or bags, from local artisans.

When setting up a home office, look for clearance sales on desks and computers.

I saved \$2,000 on my home office by hitting up a

'going out of business' sale.

Don't be afraid to buy book shelves, desks, chairs or electronics second hand off Kijiji or eBay.

Many home office expenses qualify for tax credits.

Work expenses are largely unavoidable.

But, be savvy and frugal by spending on work items that enhance your personal brand.

POPQUIZ

What should you do with your tax return money?

A: Hurray! Time for a shopping road trip to the US!

B: Save some, invest some, pay off debts and then reward yourself!

FIND TIPS & TRICKS

in Lesley Scorgie's Fun and Frugal Column: *What to do with your tax refund.*

This column and more available at Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

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4
sports

Quoted



"We are thrilled to have Craig join our organization ... He brings a wealth of knowledge and experience that will be invaluable as we continue to develop our players and create a winning environment in Chicago."

VANCOUVER GM MIKE GILLIS IN A STATEMENT YESTERDAY ANNOUNCING THE HIRING OF CRAIG MACTAVISH, PICTURED, AS THE HEAD COACH OF THE CHICAGO WOLVES, THE CANUCKS' AHL AFFILIATE.



Scan code for more sports.

Rotation clicking as Jays hit road

- Morrow's 11-strikeout outing caps a strong run for Toronto starters
- While pitching has heated up, some key Jays bats have gone cold

DAVID COOPER/TORSTAR NEWS SERVICE



► Brandon Morrow pitches against the Rangers on Sunday.

It began with a shutout that was followed by two more wins and then a season-debut that was mightily impressive, even if it didn't end in victory.

And after Brandon Morrow finished up the week with an 11-strikeout gem in yet another excellent bounce-back outing for the hard-throwing righty, there was one undisputed fact.

As the Jays open a six-game road trip today against the Tampa Bay Rays, the starting pitching is more than holding its own.

"I think we've been throwing the ball well for a while now," Morrow said after holding the Texas Rangers to two runs over seven innings of Sunday's 7-3 Toronto victory.

"I think everybody in the rotation has found their stride. It's good to have (Brett) Cecil back and throwing the ball like he can, (Carlos) Villanueva's doing great and (Brad) Mills was awesome (Saturday in his first major

The rotation



The most recent performances from the rest of the Jays starters have been solid as well.

► Ricky Romero began it by limiting the Baltimore Orioles to four hits over 8½ shutout innings in a 3-0 win.

league start of the season). "Just kind of one of those things where you pass the baton and you want to keep going."

The starting pitching was able to mask some scuffling from the batting order, the kind of "we'll take care of you, you take care of us" teamwork that's necessary.

Jose Bautista hasn't had a home run in 14 games, his longest drought of the

- Carlos Villanueva was good enough over five innings of an 8-5 triumph Thursday to run his record to 6-2.
- Brett Cecil dominated the hard-hitting Rangers for seven impressive innings in a 3-2 Toronto victory the next night.
- Brad Mills made his season debut in the big leagues on Saturday and even though he was tagged with the loss in a 3-0 setback, he did more than enough in a two-run, seven-inning outing to keep his spot in the rotation.

season, Adam Lind is just 4-for-36 over his last nine games and Travis Snider has seen his production drop off so quickly after a torrid post-recall start (5-for-31 with no homers in eight games) he was out of the starting lineup against two Texas lefties on the weekend.

"I don't think we're at the point of saying Travis is solely a platoon guy," said manager John Farrell.

But what the Jays have now is a roster with more options for the manager. He can mix and match as he sees fit — Rajai Davis was in left Sunday, Edwin Encarnacion played first base for two games, J.P. Arencibia was the designated hitter Sunday — and the inevitable call-up of third baseman Brett Lawrie will make it even easier for the manager to dole out playing time solely on merit.

"I think competition brings out the best in players and yes, we're at the point where performance is weighed into the equation of spots in the lineup and playing time," he said Sunday.

"At some point you have young players come to the major leagues, you have to provide an opportunity not only to transition but to get to the point of being established, but when you bring multiple guys of similar skills and similar abilities, ultimately performance wins out."

TORSTAR NEWS SERVICE

Moss ends NFL career, leaving legacy up for debate

Randy Moss is calling it a career after 13 seasons in the NFL as one of the most dynamic and polarizing players the league has ever seen.

Moss's agent, Joel Segal, said yesterday that the receiver was considering offers from several teams, but made the decision to retire. Segal declined to comment specifically on the offers, instead saying his 34-year-old client felt the time was right to step away.

"Randy has weighed his options and considered the offers and has decided to retire," Segal said.

If this indeed is the end for Moss, he leaves the game with some of the gaudiest statistics ever posted by a receiver. His 153 touchdowns are tied with Terrell Owens for second on the career list, and he's also fifth in yards (14,858) and tied with Hines Ward for eighth in receptions (954).

Those numbers, and his status as perhaps the best deep threat in NFL history, will make him a strong candidate for the Hall of Fame. But voters will also be weighing those numbers and his six Pro Bowl seasons against a history of boorish behaviour and a penchant for taking plays off when he lost interest in the game.

His career started with seven electric seasons with the Minnesota Vikings before he went dormant for two years in Oakland. He re-emerged as a force with the New England Patriots in 2007, hauling in a single-season record 23 TD passes from Tom Brady to help the Patriots reach the Super Bowl.

THE ASSOCIATED PRESS

JAMIE SQUIRE/GETTY IMAGES



► Randy Moss

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	66	41	.617	—
New York	65	42	.607	1
Tampa Bay	56	51	.523	10
Toronto	55	53	.509	11½
Baltimore	42	63	.400	23

CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	57	51	.528	—
Cleveland	54	52	.509	2
Chicago	52	55	.486	4½
Minnesota	50	58	.463	7
Kansas City	46	62	.426	11

WEST DIVISION				
	W	L	Pct	GB
Texas	61	48	.560	—
Los Angeles	59	50	.541	2
Oakland	49	59	.454	11½
Seattle	45	62	.421	15

Last night's results
Cleveland 9 Boston 6
N.Y. Yankees 3 Chicago White Sox 2
Oakland at Seattle
Sunday's results
Toronto 7 Texas 3
Tampa Bay 8 Seattle 1
Kansas City 5 Cleveland 3
Oakland 7 Minnesota 3
Detroit 3 L.A. Angels 2
N.Y. Yankees 4 Baltimore 2
Boston 5 Chicago White Sox 3
Tonight's games
All times Eastern
Texas (C.Lewis 10-8) at Detroit (Scherzer 11-6), 7:05 p.m.
Cleveland (D.Huff 1-1) at Boston (Beckett 9-4), 7:10 p.m.
Toronto (R.Romero 8-9) at Tampa Bay (Price 9-9), 7:10 p.m.
Baltimore (Simon 2-4) at Kansas City (Chen 5-4), 8:10 p.m.
N.Y. Yankees (P.Hughes 1-3) at Chicago White Sox (Danks 4-8), 8:10 p.m.
Minnesota (Duensing 8-8) at L.A. Angels (E.Santana 6-8), 10:05 p.m.
Oakland (Harden 2-1) at Seattle (F.Hernandez 9-9), 10:10 p.m.

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Bautista	340	78	110	31	71	.324
Escobar	377	58	115	9	39	.305
Molina	116	15	35	2	9	.302
Thames	165	27	47	5	22	.285
Lind	323	43	90	19	59	.279
Teahen	304	41	82	9	29	.270
Encarnacion	302	42	72	1	27	.238
Snider	174	21	41	3	30	.236
Hill	340	35	79	5	38	.232
McDonald	148	17	33	2	17	.223
Arenchibia	293	35	65	17	49	.222
Teahen	119	11	24	3	11	.202
Rasmus	16	1	2	0	2	.125

PITCHERS	W	L	SV	IP	SO	ERA
Millis	0	1	0	7.0	5	2.57
Janssen	3	0	1	31.2	28	2.84
Romero	6	9	0	143.0	126	3.08
Villanueva	6	2	0	95.0	62	3.60
Raich	4	3	9	44.1	31	4.06
Cecil	4	4	0	64.1	48	4.34
Morrow	8	5	0	112.0	133	4.58
Francisco	1	4	10	32.2	37	4.68
Litsch	4	3	0	47.1	39	4.75
Camp	1	1	1	45.0	20	5.20
Ledezma	0	0	0	2.0	2	9.00
Miller	0	0	0	1.0	1	9.00

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	69	39	.639	—
Atlanta	63	47	.573	7
New York	55	54	.505	14½
Florida	54	55	.495	15½
Washington	52	56	.481	17

CENTRAL DIVISION				
	W	L	Pct	GB
Milwaukee	61	49	.555	—
St. Louis	57	52	.523	3½
Pittsburgh	54	53	.505	5½
Cincinnati	53	56	.486	7½
Chicago	44	65	.404	16½
Houston	36	73	.330	24½

WEST DIVISION				
	W	L	Pct	GB
San Francisco	61	47	.565	—
Arizona	59	49	.546	2
Colorado	51	58	.468	10½
Los Angeles	48	59	.449	12½
San Diego	47	62	.431	14½

Last night's results
Florida 7 N.Y. Mets 3 (10 inn.)
Houston 4 Cincinnati 3 (10 inn.)
Philadelphia 4 Colorado 3 (10 inn.)
Chicago Cubs 5 Pittsburgh 3
Washington 5 Atlanta 3
Milwaukee 6 St. Louis 2
L.A. Dodgers at San Diego
Arizona at San Francisco
Sunday's results
Arizona 6 L.A. Dodgers 3
Philadelphia 6 Pittsburgh 5 (10 inn.)
Washington 3 N.Y. Mets 2
Florida 3 Atlanta 1
San Diego 8 Colorado 3
Cincinnati 9 San Francisco 0
Milwaukee 5 Houston 4
Chicago Cubs 6 St. Louis 3
Tonight's games
All times Eastern
Atlanta (D.Lowe 6-9) at Washington (Lannan 7-7), 7:05 p.m.
Chicago Cubs (R.Wells 2-4) at Pittsburgh (Correa 12-8), 7:05 p.m.
Florida (Hand 1-3) at N.Y. Mets (Capuano 9-10), 7:10 p.m.
Cincinnati (H.Bailey 5-5) at Houston (W.Rodriguez 7-7), 8:05 p.m.
St. Louis (J.Garcia 10-5) at Milwaukee (Marcum 10-3), 8:10 p.m.
Philadelphia (K.Kendrick 5-5) at Colorado (A.Cook 2-5), 8:40 p.m.
L.A. Dodgers (Kuroda 6-13) at San Diego (Latos 5-10), 10:05 p.m.
Arizona (D.Hudson 10-7) at San Francisco (Lincecum 9-8), 10:15 p.m.

NL LEADERS

	G	AB	R	H	Av.
JosReyes NYM	93	410	78	140	.341
Braun Mil	98	360	68	116	.322
DanMurphy NYM	104	376	47	120	.319
Votto Cin	107	398	68	127	.319
Kemp LAD	107	388	64	123	.317
Morse Wash	96	330	46	103	.312
Hellton Col	96	322	45	100	.311
Holliday STL	82	290	55	90	.310
Pence Phi	102	408	51	125	.306
McCann Atl	91	333	43	102	.306

Runs—JosReyes, NY; Stubbs, Cin.; 72; RWeeks, Mil.; 71; JUpton, Arz.; 68; Votto, Cin.; 68.
RBI—Kemp, LA; 62; Howard, Phil.; 81; Fielder, Mil.; 76; Tulowitzki, Col.; 73; Berkman, STL.; 72.
Hits—JosReyes, NY; 140; SCastro, Chi.; 133; Bourn, Hou.; 130; Votto, Cin.; 127; Pence, Phil.; 125.
Doubles—Beltran, SF; 30; JUpton, Arz.; 30.
Last night's games not included

SUNDAY

BLUE JAYS 7, RANGERS 3				
Texas	ab	r	h	bi
EnChvez cf	4	0	0	0
Quintill 2b	4	0	0	0
JHmln lf	4	2	2	0
MiYong 3b	4	1	2	1
Napoli dh	4	2	2	0
Morind 1b	3	0	0	0
Tegrdn c	4	0	1	0
DvMwp rf	4	0	2	0
ABlanc ss	4	0	0	0
Arenci dh	3	1	1	1
Totals	35	3	9	3
Texas	000	002	010	3
Toronto	211	300	00x	7

E—J.Hamilton (4), A.Blanco (3). DP—Texas 1. LOB—Texas 7, Toronto 2. 2B—J.Hamilton (21), Mi.Young (33), Napoli (15), R.Davis (19), Rasmus (1). HR—Encarnacion (9). SB—Jo.McDonald (2). CS—En.Chavez (3), Jo.McDonald (3).
IP H R ER BB SO
C.Wilson LA 10-5 3½ 7 7 5 3 2
Tateyama 1½ 0 0 0 0 0 2
Rhodes 1 0 0 0 0 0 0
Uehara 1 0 0 0 0 0 2
Feldman 1 0 0 0 0 0 0
Toronto
Morrow W 8-5 7 6 2 2 2 2 11
T.Miller ½ 1 1 1 0 0 1
Janssen ½ 1 0 0 0 0 0
F.Francisco 1 1 0 0 0 0 2
WP—C.Wilson 2, Morrow.
T—2-42. A—45,629 (49,260).

AL LEADERS

	G	AB	R	H	Av.
AdGonzalez Bos	104	429	75	153	.357
MiYoung Tex	107	426	54	143	.336
Kotchman TB	92	313	28	102	.326
Bautista Tor	97	340	78	110	.324
Ellisbry Bos	105	433	81	139	.321
VMartinez Det	93	344	47	109	.317
JhPeralta Det	97	348	46	110	.316
MCabrera Det	108	376	73	117	.311
Pedroia Bos	103	414	73	128	.309
Yescobar Tor	98	377	58	115	.305

Runs—Granderson, New York; 45; Ellsbury, Boston; 81; **Bautista, Toronto**; 78; AdGonzalez, Boston; 75; MCabrera, Detroit; 73; Pedroia, Boston; 73; Kinsler, Texas; 72.
RBI—AdGonzalez, Boston; 90; Teixeira, New York; 79; Granderson, New York; 78; Beltré, Texas; 76; Konerko, Chicago; 76; Youkilis, Boston; 74; MiYoung, Texas; 73.
Hits—AdGonzalez, Bos.; 153; MiYoung, Texas; 143; Ellsbury, Bos.; 139; McCabrera, KC, 137.
Doubles—Zobrist, Tampa Bay; 34; MiYoung, Texas; 33; AdGonzalez, Boston; 32; AGordon, Kansas City; 31.
Triples—Granderson, New York; 8; Bourjos, Los Angeles; 7; Jackson, Detroit; 7; **RDavis, Toronto**; 6; Gardner, New York; 6; Aybar, Los Angeles; 5; Cano, New York; 5; Crisp, Oakland; 5; JWeeks, Oakland; 5; Zobrist, Tampa Bay; 5.
Home Runs—**Bautista, Toronto**; 31; Teixeira, NY; 29; Granderson, NY; 28; Konerko, Chi.; 25; NCruz, Texas; 23; MarReynolds, Baltimore; 23.
Stolen Bases—Crisp, Oakland; 32; Gardner, NY; 32; **RDavis, Toronto**; 31; Ellsbury, Boston; 31; Andrus, Texas; 30; ISuzuki, Seattle; 28; Aybar, Los Angeles; 23; BUpton, Tampa Bay; 23.
Pitching—Verlander, Det.; 15-5; Sabathia, NY; 15-5; Weaver, LA; 14-5.
Strikeouts—Verlander, Det.; 178; Sabathia, NY; 156; FHernandez, Sea.; 153; Shields, TB; 153.
Saves—Valverde, Det.; 28; MaRivera, NY; 27.
Last night's games not included

CFL

EAST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Winnipeg	5	4	1	0	124	94	8		
Montreal	5	3	2	0	159	129	6		
Hamilton	5	3	2	0	132	112	6		
Toronto	5	1	4	0	105	142	2		

WEST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Edmonton	5	5	0	0	153	99	10		
Calgary	5	3	2	0	117	117	6		
Saskatchewan	5	1	4	0	101	160	2		
B.C.	5	0	5	0	126	161	0		

WEEK SIX
Thursday's game
All times Eastern
Montreal at Toronto, 7:30 p.m.
Friday's games
Edmonton at Winnipeg, 7:30 p.m.
Saskatchewan at B.C., 10:30 p.m.
Saturday's game
Hamilton at Calgary, 9:30 p.m.

SCORING LEADERS					
	TD	C	FG	S	Pts
Whyte, Mtl	0	17	13	1	57
Duval, Edm	0	16	11	8	57
Palardy, Wpg	0	9	15	2	56
Medlock, Ham	0	13	12	3	51
McCallum, BC	0	11	12	1	48
E.Johnson, Sask	0	10	9	4	41
Paredes, Cal	0	8	9	3	38
Prefontaine, Tor	0	8	8	0	32
Kackert, Tor	5	0	0	0	30
Stala, Ham	5	0	0	0	30
Stamps, Edm	5	0	0	0	30

SOCCER

MLS

EASTERN CONFERENCE									
	GP	W	L	T	GF	GA	Pt		
Columbus	22	9	6	7	24	20	34		
Philadelphia	20	8	5	7	25	18	31		
New York	23	6	5	12	37	30	30		
Kansas City	21	6	6	9	29	28	27		
Houston	22	6	7	9	27	27	27		
D.C. United	20	6	6	8	26	30	26		
New England	22	4	9	9	20	30	21		
Toronto	24	3	11	10	21	43	19		
Chicago	20	2	6	12	20	25	18		

WESTERN CONFERENCE									
	GP	W	L	T	GF	GA	Pt		
Los Angeles	23	12	2	9	32	16	45		
Dallas	23	12	5	6	30	21	42		
Seattle	23	10	5	8	33	26	38		
Colorado	24	8	6	10	33	31	34		
Real Salt Lake	19	9	4	6	27	14	33		
Chivas USA	22	6	8	8	27	24	26		
San Jose	22	5	8	9	24	29	24		
Portland	20	6	10	4	24	34	22		
Vancouver	22	2	11	9	21	34	15		

Note: Three points for a win, one for a tie.
Sunday's result
FC Dallas 1 Chivas USA 0
Tomorrow's games
All times Eastern
Real Salt Lake at Kansas City, 8:30 p.m.
Philadelphia at Chicago, 9 p.m.
Los Angeles at Portland, 10:30 p.m.
Friday's game
Columbus at Colorado, 9:30 p.m.
Saturday's games
Houston at Philadelphia, 7 p.m.
Toronto at D.C. United, 7:30 p.m.
Chivas USA at New England, 7:30 p.m.
Seattle at Kansas City, 8:30 p.m.
New York at Real Salt Lake, 9 p.m.
Portland at San Jose, 10:30 p.m.
Dallas at Los Angeles, 10:30 p.m.
Sunday, Aug. 7
Chicago at Vancouver, 7 p.m.

Bratton, Mtl	4	0	0	0	24
Edwards, Wpg	4	0	0	0	24
Cates, Sask	3	0	0	0	18
Cornish, Cal	3	0	0	0	18
Foster, BC	3	0	0	0	18
Porter, Edm	3	0	0	0	18
Richardson, Mtl	3	0	0	0	18
Robertson, BC	3	0	0	0	18

TENNIS

ATP

BET-AT-HOME CUP

At Kitzbuehel, Austria
Singles — First Round
Philipp Kohlschreiber (5), Germany, def. Thomas Muster, Austria, 6-3, 6-0.
Andreas Seppi (6), Italy, def. Denis Istomin, Uzbekistan, 6-2

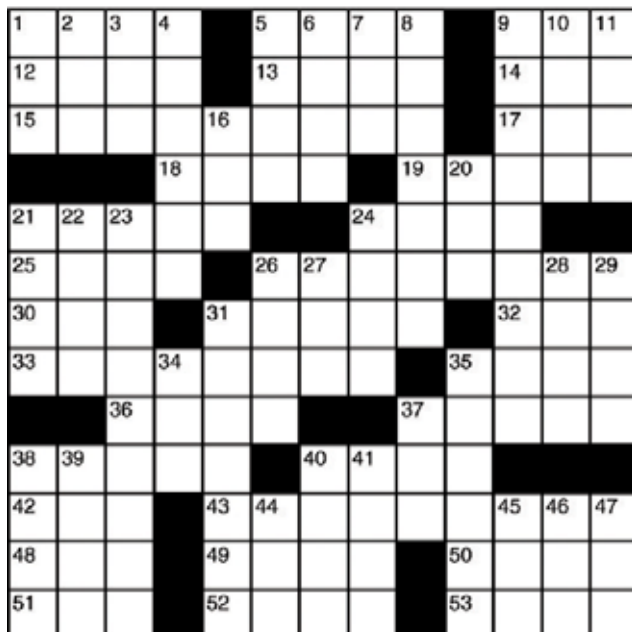
Crossword

Across

1 Wound reminder
5 Conceal
9 Second-stringer
12 Tittle
13 Press clothing
14 Paid player
15 Named in detail
17 Maestro de Waart
18 Barbra's A Star Is Born co-star
19 Happen
21 Bewildered
24 Fresh kid
25 NYPD rank
26 Go where you shouldn't
30 Eisenhower
31 Cell, e.g.
32 Pirouette pivot
33 Adorn
35 Staff
36 Military group
37 Connected to the Internet
38 Big fracas
40 String instruments
42 Eggs
43 Marking with bits of color
48 Favourite
49 Poi base
50 Unsigned (Abbr.)
51 Away from WSW
52 Ugly duckling, eventually
53 Invitation initialism

Down

1 Family member
2 Police officer
3 Chowd down
4 Din

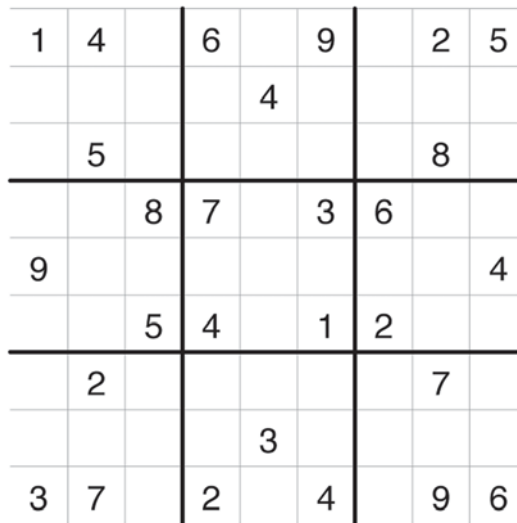


5 Stereo setup
6 Eye part
7 Fawn's mama
8 Sign the back of a check
9 Bleacherite
10 Pakistani language
11 Loutish sort
16 A Gershwin
20 Upper limit
21 Alkali neutralizer
22 Snatch
23 Guess
24 Part of N.B.
26 What this isn't
27 Deteriorate
28 Unrivaled
29 Burpee wares
31 Church VIPs
34 Inseparable
35 Obelisk, for instance
37 Stir-fry pan
38 Sulk
39 Tied
40 Designer Wang
41 PC picture
44 Dog's foot
45 Office holders
46 Thanksgiving mo.
47 Econ. indicator

Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►

2	8	7	6	5	1	3	9	4
6	1	5	3	9	4	2	7	8
3	4	9	2	7	8	1	5	6
5	7	6	1	4	3	8	2	9
8	2	4	9	6	5	7	3	1
1	9	3	7	8	2	4	6	5
4	3	2	5	1	9	6	8	7
7	5	8	4	2	6	9	1	3
9	6	1	8	3	7	5	4	2

A look at the weather

TODAY Min 11° Max 23°
WEDNESDAY Min 14° Max 19°
THURSDAY Min 14° Max 24°

Michele McDougall
Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM



Today's horoscope

♈ **Aries** March 21-April 20 Success is all but guaranteed whatever you do but it will be greater if you focus on what you are passionate about.
♉ **Taurus** April 21-May 21 Give others the freedom you quite rightly expect for yourself — it's only fair.
♊ **Gemini** May 22-June 21 If you force yourself to stay at home or in the office you will get frustrated and pick fights with family and friends.
♋ **Cancer** June 22-July 22 Focus

on your career and how you can make extra money from your creative talents.
♌ **Leo** July 23-Aug. 23 Treat everyone you meet as a potential friend and before you know it they will be doing most of your work for you.
♍ **Virgo** Aug. 24-Sept. 22 Change yourself and everything else will change too.
♎ **Libra** Sept. 23-Oct. 23 Don't worry: your big gamble will pay off.
♏ **Scorpio** Oct. 24-Nov. 22 The sun in the career area of your chart will bring both opportunities and

For today's crossword answers and for expanded horoscopes, go to metronews.ca

challenges.
♐ **Sagittarius** Nov. 23-Dec. 21 Think big, and act big too.
♑ **Capricorn** Dec. 22-Jan. 20 If you give away too much information about yourself today you will regret it for some time to come.
♒ **Aquarius** Jan. 21-Feb. 18 You must expect a certain amount of resistance from those you deal with on a one-to-one basis.
♓ **Pisces** Feb. 19-March 20. You'll have extra reserves of energy, and you're going to need them. ● SALLY BROMPTON

Caption contest



STEVE PARSONS/THE ASSOCIATED PRESS



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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